

Ref: C2501

Dundee Partnership
Community Regeneration Fund

Grant Application
2025/26

Applicant Information	
Name of Applicant Group	Leisure & Culture Dundee – Active Schools & Community Sport
Activity Title	Family Activity Programme
Grant Requested (£)	£1610.00

- The Youth Inclusion Fund is to provide financial assistance for community initiatives aimed at working with Children and Young People. Applications should be for an activity (or activities) focused on including children & young people in activities, diverting young people from an existing undesirable activity or preventing them joining in with such activity. This should reflect a need that children and young people have been consulted on.
- The Small Grants Fund is for other applications that contribute towards achievement of the Dundee City Plan / Local Community Plan, usually up to £5,000, but there may be lower local restrictions on the amount. Therefore, it is important to check with the relevant Community Worker as listed on page 8 for any local restrictions or other requirements.

This application should address needs in one of the below Wards within which the Dundee Partnership supports activity. If an activity covers more than one Ward then an application is required for each Forum, but it is essential that each application can stand on its own if agreed and that the application is not for a city-wide activity, but a local activity that is to take place in more than one Ward.

<p style="text-align: center;">TICK THE WARD WHERE YOUR PROJECT WILL OPERATE</p> <p>Coldside</p> <p>East End</p>	<p style="text-align: center;">PLEASE INDICATE WHICH TYPE OF GRANT YOU ARE APPLYING FOR</p> <p>Small Grant</p>
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Lochee	Youth Inclusion
Maryfield	
North East	
Strathmartine	Please note that communications regarding this application will be sent to you via email unless you indicate otherwise. All communication for this application should be made to dundee.partnership@dundeecity.gov.uk

Checklist for the DP Community Regeneration Fund Application Form

Before submitting your application form to the Dundee Partnership Team, please use the below checklist to ensure that your form is as fully completed as possible. Please also note that submitting an incomplete form can cause delays in processing or rejection of your application.

Have you:

Read the guidance sections of the form	<input checked="" type="checkbox"/>
Fully completed the information on the front of the form	<input checked="" type="checkbox"/>
Provided a response to all sections of the application form (including indicating a section as 'N/A' where relevant)	<input checked="" type="checkbox"/>
Checked that your budget adds up properly?	<input checked="" type="checkbox"/>
Checked that your start date is after the date at which funds could be available, (see page 6) and that your end date is within the financial year?	<input checked="" type="checkbox"/>
Included appropriate, measurable outputs & outcomes?	<input checked="" type="checkbox"/>
Provided your groups accounts, or other appropriate financial information?	<input checked="" type="checkbox"/>
Sourced and attached all relevant quotes?	<input checked="" type="checkbox"/>

(multiple quotes are required where >£5,000 is being applied for _____
to ensure value for money is being considered)

Checked that the bank details or financial code are correct / ☒ complete?

Signed the form, given accurate contact details and ticked the ☒ GDPR box?

Who is the grant for? (Name of Applicant Group / Department)	Leisure & Culture Dundee (for a partnership project between Active Schools, Caird Park Community Sports Hub & Dens Road Primary School)		
Did you receive a Dundee Partnership grant during 2024-25? (If yes, list all grants below)			YES / NO
Title of project funded	Amount granted	When	Was it fully spent?

Please give a description of what you want this grant for - (please limit your answer to 500 words or less)

Active Schools carried out consultation and data analysis with pupils at Dens Road Primary School to identify families living in Coldside who do not participate in any sport or physical activity either in school or the community. The results indicated a high number of children not participating and several barriers facing families. Through discussion within Leisure & Culture Dundee, the Community Sport Hub Officer engaged Caird Park

Community Sports Hub to run a volunteer led multi-sport programme at DISC every Wednesday between 5pm-6pm with families from Dens Road invited to attend through the school and family development worker. The families participate in a range of sports delivered by hub volunteers including athletics, badminton, cricket, football, hockey, karate and rugby. A crucial part of the programme is our partnership with Fairshare who provide a weekly food delivery which enables each family to take home 2 bags of food supplies. Due to volunteer and staff capacity this programme is targeted at families from Dens Road rather than opened up to families from all schools in the ward. This provision runs during term time.

This grant will be used to continue to support the families with food provision provided by Fairshare for the next year, as there will be a cost for this moving forward. We will request food from Fairshare to enable the families to cook healthy meals and provide recipe cards as guidance. To date the programme has engaged with 23 families from Dens Road PS with 95% of these from SIMD 1/2.

Families are the target group for the programme as we aim to develop stronger relationships between parents and their children and give them an opportunity to be active and learn new skills together. The programme runs at DISC to ensure that it is at a facility which the families can walk too therefore breaking down transport barriers, one of the main barriers to accessing sport.

All partners involved are passionate about supporting the community and providing a programme which enables more children and parents to be active together. This improves both the children's and the parents physical and mental wellbeing. The free food provision provided is a key hook to engage families.

Which City Plan / Local Community Plan Outcome(s) will it address?

The City Plan for Dundee outlines the importance of partnership working to improve the quality of life for people in Dundee. This application is a prime example of partnership working with Caird Park Community Sports Hub and Active Schools working with Dens Road PS and another charity – Fairshare, to improve the lives of families through community outreach work by providing a weekly multi-sport programme in the community with food provision.

One of the key priorities is to reduce deprivation and inequalities across Dundee, reducing child poverty and inequalities in income, education and health. Through our provision we will provide activity to help address inequalities in health, ensuring that families in the ward have access to sporting opportunities for the

benefit of their physical and mental health. There are strong links between poverty, mental health and obesity therefore early intervention through sport and physical activity is crucial.

I have outlined below how this application contributes to some of the outcomes outlined in the City Plan:

Mental health of our citizens will improve through accessible community supports: Caird Park Community Sports Hub will deliver a variety of sports with one of the aims, improving the mental health of all through participation in sport. The mental health of parents will also improve due to social relationships developed with other parents attending the programme and reduced stress due to regular supply of additional food provision.

Adults & children living in Dundee will be more physically active and those living in our most deprived communities will enjoy greater access to green space: Families in identified communities are receiving fewer sport and physical activity opportunities and this initiative will increase opportunities available to them to participate and become more physically active.

Coldside Community Plan:

Improving life chances for children and families: Active Schools have identified through consultation that many young people do not participate in sport or physical activity due to multiple barriers. This provision provides a weekly programme for families in a safe environment which brings people together to build friendships and reduce isolation. It also brings families from different backgrounds and cultures together developing relationships and learning from each other. The food provision also ensures that families eat a healthier balanced diet.

Respond to the cost of living crisis: Through our relationships within the ward, families expressed that they sometimes struggle to cope due to lack of money. Our partnership with Fairshare to provide food provision is hugely important as many of the families struggle for finances to purchase adequate food supplies. The food provision provided is extremely good value for money at £2.50 per tray each week.

This programme supports the following community priorities in the Coldside Community Plan: Improving life chances for children and families and responding to the cost-of-living crisis.

How many people will benefit from this project?		30 approx
	Will any specific groups benefit from this project? (male, female, age range or protected characteristic) Yes, families from Coldside who attend Dens Road PS will be identified by the school and family development worker based on need. Through postcode mapping we have identified another 30 P1-7 pupils from Dens Road that do not take part in any sport or physical activity in	

school, and we will target these families with the aim of breaking down barriers and providing crucial support.

Over 50% of the families have English as an additional language (EAL).

Please say why the project is needed (please limit your answer to 500 words or less)

Through consultation with Dens Road PS and Active School Coordinators it has been outlined that children in the Coldside Ward lack opportunities to participate in sport and physical activity. There is also a lack of sports clubs in the area and barriers facing people in Coldside, preventing them travelling to sports clubs in other parts of the city. Through this project Caird Park CSH will provide free after school sports opportunities to ensure families from Dens Road PS have access to sport which will improve their confidence, skill development and give them the opportunity to have fun and be active together. From this project we will see an improvement in both the physical and mental health of families in the area. Caird Park CSH and Active Schools use sport as a vehicle to improve the lives of people for the better. In addition to the physical benefits, sport can also combat isolation, improve challenging behaviour and skill development.

The project is also needed in relation to poverty and deprivation in the ward, meaning the food provision is a crucial part of the programme. With 21.3% of the population of Coldside classed as income deprived (Scottish Government SIMD Data 2020) this grant to provide food provision as part of the sports programme, is absolutely crucial with the families facing cost of living challenges resulting in families not having the finance for adequate food provision or the finances to support being active. With this in mind it is extremely important to provide free and inclusive opportunities for families to be active and support with additional food provision.

A survey carried out by Active Schools showed that only 9.5% of pupils living in SIMD 1 & 2 in Dundee meet the daily physical activity guidelines. This percentage drops even further to 7.9% for girls living in SIMD 1 & 2. This is stark evidence that there is a need for more affordable and local opportunities for children and young people to participate in sport. The family activity programme provides free, local opportunities for families to engage in a range of sports.

In summary, through feedback received from the families we know this programme makes a significant impact on families from the Coldsides ward, this programme provides families the opportunity to participate in sports that they otherwise would not be able to access and provides families with crucial food provision. Families build relationships, make new friends, develop skills and improve their physical and mental wellbeing. Funding this programme will be a crucial support to families accessing both sport and food provision.

What local consultation has taken place regarding this application?

(Please attach evidence summarising the results of any consultation)

Discussions have taken place between school staff and Active Schools Coordinators/Community Sport Hub Officer with school staff outlining the need for more continued sport and physical activity opportunities for families and highlighting the significance of the food provision to families.

Feedback has been received from parents, as outlining the impact of the sessions and the continued need.

Through feedback from the families 84% of the families currently attending indicated that the weekly food bags are an important factor in them attending.

One of the parents confirmed the significance of the food bags by informing us that “some weeks after paying the bills, we struggle a little”.

A second parent provided the following quote to show the impact of the provision to date and support the continued need for the project:

“the food bags help as the food shop is expensive and we get to try out new things too”.

Whilst not statistically recorded, through discussion between the school and family development worker and the parents, many families that access the provision reported that they face mental health challenges, substance misuse and concerns around child healthy weight. This project helps support all of these challenges.

What evidence do you hold that the local community supports this application?

(For example, was it proposed by members of a particular group? Does it directly address need identified by community members?)

We carried out a feedback survey with the families that have attended the provision since it started in May 2025. The following quote received from a parent through the survey demonstrates the positive impact the sessions have had on her child’s physical and

mental health and therefore supports this application: “My daughter is very happy to participate because we don’t have any space for her to play at home”.

Another parent demonstrates the social impact of participating: “It is very important for our physical and mental health, we are happy to join this group and enjoy our time with you all”.

A third parent commented “my daughter enjoys the different sports, learning the new rules of each sport and making friends”.

This evidence demonstrates that there is a desire from families to participate in the programme.

The programme is also supported by the school and family development worker from Dens Road PS who attends each week to engage with the families and organise the food provision.

How will the project / activity tackle deprivation or benefit those experiencing deprivation? (Refer to Section 1 of the Guidance Notes)

Due to the families living in an area of deprivation there are fewer opportunities for them to access and greater lifestyle challenges including the cost-of-living crisis and purchase of adequate food provision.

This project gives families the opportunity to participate together and brings the provision to their doorstep, breaking down barriers they face to participation including transport and cost. We believe that everyone should have equal opportunity to participate in sport and physical activity and by providing this activity to people living in Coldsides, we will help to tackle inequalities.

The provision of food as part of the programme is hugely beneficial to enhance the weekly food supplies of the families experiencing deprivation.

What other sources of funding have you secured / tried to secure for this project?

- If none, please state why this is the case

(Detail below, including applications that are pending or that have been turned down. We may ask for further evidence of an application for other funding)	
Source of Funding (detail if this funding is for more than 1 year, if applicable)	£
None, as this activity directly has a positive impact on families in Coldside we have identified Dundee Partnership as the most appropriate funding source to support addressing this local community need.	n/a

What are the costs of your activity and how much money is required? Please give specific details (expand list / use an additional sheet if required) and provide <u>all</u> quotes (good practice for applications for over £5,000 is to provide three quotes to ensure value for money is received, and we will require to see these where relevant).		
Cost Heading	Full Costs (£)	DP Aid (£)
Cost of food from Fairshare for food bags: £40 per week (£2.50 per tray of each food). Annual cost = £1360.00 (34 weeks)	£1360.00	£1360.00
Cost of purchase of snacks for while in attendance at the provision: Annual cost = £250.00	£250.00	£250.00

Totals	£1610.00	£1610.00

- **All applicants are required to submit a copy of the group's most recent annual accounts with this application. These will be used to help determine eligibility for funding, and WITHOUT THEM AN APPLICATION WILL NOT PROCEED**
- **If reserves held are less than three months operating expenses please confirm this below**

Note that if you have already submitted your accounts within this financial year, further copies may not be needed - please check with the Dundee Partnership Team if unsure

What other documents are you attaching to evidence the budget costs for this application? (e.g. quotes, estimates, projected income and expenditure)

E-mail confirmation from David Nicoll at Fairshare confirming cost of £2.50 per tray.

How do you intend to monitor the project Outputs and Outcomes?

Staff will conduct a survey at the end of each term with families attending to gain appropriate feedback.

We will also evaluate the project through obtaining feedback from vital partners including school and family development workers. Through our existing strong relationships with school staff, we will work closely together to measure the impact of the programme.

What is the planned start date of the event/activity?

Please note turn around on applications is 6 - 10 weeks and funding cannot be retrospective (*see section 2 of the guidance notes*)

30/04/25

What is the planned end date of the event/activity?

25/03/26 (term time only).

Outputs & Outcomes

It is expected that applicants will have evidence to support performance information when completing returns on the performance against target. Consideration of this should be given when outputs and outcomes are set out.

Applicants will usually refer to one [City Plan](#) / [Local Community Plan](#) Outcome, but the opportunity is given for up to two, if required. **Please refer to section 3 of the Guidance Notes** for examples of outputs and outcomes / indicators.

City Plan / Local Community Plan Outcome: Improve life chances for children and families.	
Purpose of activity / project within this Outcome: The programme will provide weekly sporting opportunities and food provision for families. Families will gain an understanding of the benefits of being active as a family. The weekly food provision will support families to provide for all family members.	
	Target 2025-26
Outputs	
Families will benefit from free and local sport and physical activity opportunities and food provision.	25
Outcomes / Indicators:	
We will consult with 15 parents from the families attending to find out their views on increased access to sport and physical activity opportunities and food provision.	15 parents

City Plan / Local Community Plan Outcome: Respond to the cost-of-living crisis.	
Purpose of activity / project within this Outcome: The programme will provide free physical activity sessions in a local facility. We will also provide a free snack on arrival and free food bags to each family to take home at the end of the session.	
	Target 2025-26
Outputs	

Families will receive additional weekly food provision.	25
Outcomes / Indicators:	
We will consult with 15 parents from the families attending to find out their views on increased access to sport and physical activity opportunities and food provision.	15